# REMOVES HAIR

This fragrant, velvety, soft cream comes ready to use. Merely spread it on the hair covered surface—then rinse with clear water. The hair vanishes—I e a ve s the skin smooth and white—no "after treatment" or "soothing" or e a m required. Better than razor for the underarm. Nothing so good or easy to use for removing hair from large surfaces such as legs and arms. Get it at vour favorite toilet counter or send 20c—silver or stamps—for liberal trial package.

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can have "A skin you

A BEAUTIFUL skin, soft, smooth, faultlessly

For your skin is constantly changing - each

day old skin dies and new takes its place.

Give this new skin the right treatment, and see

For a sensitive skin use this special treatment:

DIP a soft washcloth in warm water and hold it to your face. Now make a warm

water lather of Woodbury's Facial Soap and dip your cloth up and down in it until the

cloth is "fluffy" with the soft white lather.

Rub this lathered cloth gently over your

skin until the pores are thoroughly

cleansed. Rinse first with warm, then with

GET a cake of Woodbury's today, and begin

this treatment tonight. A 25-cent cake lasts a

month or six weeks. The Andrew Jergens Co.,

WEBSTER'S NEW nunciation of Bolsheviki, the spelling of a puzzling word, the location of Zeebrugge, the meaning of barrage, ace, fourth arm, tank, camouflage, Boche, etc., this Supreme Authority contains an accurate final answer.

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clear, cool water and dry carefully.

Cincinnati, New York and Perth, Ontario.

ohi, 1981, by The Andrew Jergens Co

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clear - any girl can have this charm.

how soft and lovely you can keep it.

love to touch"

Appetizing Menus for the Week

TUESDAY MONDAY Breakfast Breakfast Oatmea Scrambled Eggs Salt Fish Thin Corn Bread Coffee. Toast, Coffee, Luncheon Luncheon Sardines, Scalloped Cabbage au Gratin, Relish, Hot Baking Potatoes. Whole Wheat Bread

Dinner

Cream of

Creamed

Cauliflower,

Powder Biscuits Tea. Jam, Dinner Stuffed Beef Heart, Peanut Soup, Polenta, Brown Sauce, Boiled Rice, Tomato Sauce, String Bean Salad, Egg and Spinach Salad, Fruit Compote.

NE of the outstanding joyous

recollections of my girlhood

is being permitted to stand

on a chair and clean the spice

shelf. What a delight to handle

all the little bottles and jars, to

carefully spoon from one package

to another, to screw on the tops

and put every jar, neatly filled,

back on the shelf! I not only

"played store" with real groceries,

but I worshipped at this shrine of

the pantry shelf where were set

these gods of "Sugar and Spice

And ever since, up to the present

day, when I have a spice shelf all

my own, I have felt the importance

of well-filled fars and bottles and

a wide and cosmopolitan assort-

ment of herbs and things that

flavor. Every once in a while I

grow in my garden some green

herbs for my Winter use. Other

friends send me some and many I

buy. Constantly I try new flavors

and new tastes upon my patient

one of the many seasonings sel-

dom used in this country. Yet this

odd yellow powder blended in

India transforms many a humdrum

dish into one fit for an epicure.

Mutton and chicken both lend

themselves to it, and many indeed

are the curries of mutton had on

Tuesday from the remains of Sun-

day's roast. Buy a well-known

brand, then use sparingly and

Who knows thyme? Again I find

this an herb better known in Italy

keep the bottle always corked.

Who knows curry? I find this

and Everything Nice."

family.

Rolls,

Dinner

Brunswick Stew,

Sweet Pickles,

Corn Sticks,

Baked Bananas

with Raisins,

Coffee.

WEDNESDAY Breakfast Breakfast Cereal with Dates, Whole Wheat Bread Toast, Cooked Fruit, Creamed Chipped Beef, Coffee. Muffins, Coffee Luncheon Oyster Omelet, Spinach, Tea.

Marmalade, Luncheon Lentils and Potatoes in Casserole Lettuce Salad Tea. Dinner Panned Rabbit Savory Sauce, Current Jelly, French Fried Sweet Potatoes, Glazed Onions, Fruit Salad. Lettuce Salad,

Breakfast Breakfast Baked Apples, Broiled Bacon, Hashed Potatoes, Muffins, Coffee. Dried Fruit, Potato and Luncheon Fried Fish, Tartare Sauce, Golden Corn Mufine, Tomato Pickles, Tea. Coffee. Dinner

Fish Cakes. Hot Biscuits. Muffus, Coffe Luncheon Spaghetti in Cheese Shell, Emergency Consomme Endive Salad, Boiled Fowl. Toasted Muffins. Ovster Gravy Cranberry Pie; Sweet Potatoes Dinner Cranberries, Stuffed Fruit Puffs Creamed Oysters in Ramekins, Mixed Pickles, String Bean, Round Steak, with Puree of Corn Bread Apricots, Coffee. Stuffing. Sugared Carrots. Supper Buttered Potato Chowder. Thin Corn Cakes Cabbage, Steamed Prunes, Whipped Cream. Cooked Dressing. Apple Sauce. Tea.

SUNDAT

Breakfast

Grapefruit,

Oatmeal.

Beef Hash,

Coffee.

Dinner

Browned

By Mrs. Christine Frederick. The Distinguished Authority on Household Efficiency.

Carrot and

Fruit Sponge.

The Spice Shelf and elsewhere than here. It is rather strong, so that the tiny seeds should be used cautiously. But it gives many sauces a pleasing flavor, and I like it in spaghetti, in beans and in several soups. Who knows cardamon seeds? These white shell-like seeds which resemble large orange pits have

several black inner seeds which give the peculiar lemon flavor. Just a couple of these seeds cracked open and added to applesauce, stewed prunes, pears, etc., will give a most welcome change from the very acid lemon. I like them also in fancy breads, such as raisin bread, tea cake, etc. Purchase a dime's worth and give them a trial.

Who uses whole cloves in meats and soups? My mother is the chef famous, and I recall this as being her favorite spice. A couple of cloves added to a vegetable or meat soup give a baffling but delightful aroma. Meat sauces, all made dishes of meat, etc., are toned up by the use of the whole clove which may be stuck into the meat or cooked and removed later from the sauce.

Everyone should use more bay leaf. Just a nickel's worth will go a long, long way to adding another flavor to soup, gravies and meats. But use very very little, a third of a leaf is generally plenty for any one dish because the flavor is so strong that it kills everything else.

For all seasonings where a mild sweet pepper is required paprika holds its own. In salad dressings, over vegetables and in the sauce of the goulash and ragout paprika lends the tonic qualities of pepper without the sting of the strong

cayenne. Who uses garlic? Italians, of course. But so also should the American housekeeper who desires the pungency so many dishes do require. Just a rub on the bot tom of the bowl or pot and we get the flavor of onion raised to the nth degree! But garlic and all onions are most wholesome, and it is an absorb and snobbish attitude to take that onions don't agree with you or that the family will decline socially if onions are

added to the soup All of the dear old onions have cleansing and soporific qualities and should be used widely and frequently. I know that I converted one friend, a woman of nearly forty, to having steamed or boiled onions served on her table. At first she told me with pride that she had never eaten an onion in her life, and actually thought this statement added to her social

superiority! Many use mace in place of nutmeg in dishes sweet and cakelike. Mace is the ground outer network of the nutmeg, and is similar but milder in flavor. A few gratings of mace greatly enchance certain meat dishes and spinach takes on an added zest when a few grains of mace are added. Try it in many meat sauces.

Who knows tarragon? This garden herb has leaves which when added to vinegar give an aromatic pleasantness, quite different from

#### Household Helps Stoning Raisins.

PLACE the raisins on a tin plate and heat them thoroughly in a hot oven to make them split open easily for the removal of the stones.

#### Quickly Baked Potatoes.

DOTATOES can be baked in half the usual time required if they are allowed first to stand in hot water for fifteen minutes.

#### Mud-Stained Shoes.

HEAVY mud stains can be quick-ly removed from tan shoes by rubbing them with slices of raw potato. Polish in the usual way

## A Handy Tool Chest.

CONVENIENT place to keep A the household tools can be made oy fitting one of the lower steps of the back stairs with a hinge and using the interior for a tool box.

#### Washing Laces.

FINE laces should be washed in milk and water. Instead of winding on a bottle afterward, spread them around a piece of smooth-finished wood and lay away smooth-finished wood and lay away Howard C. Rash, Pres. Natural Body Brace Co. in a piece of heavily blued flannel. 178 Rash Building SALINA, KANSAS

malt or wine vinegar. It is partic-

tivated by the French especially for use in vinegar. Anise is a spice that is mentioned often in the Bible, and its flavor is associated with holiday cakes as well as certain buns and breads of

the Jews. It is very pleasant in

ginger bread and certain other

ularly pleasing on salads and is cul-

sweet cakes. Many know carroway seed only as an accessory to brown or rye bread. But the humble carroway may also be used in meat sauces, and in such dishes as fried cabbage it verily makes the dish.

One of my special dishes at this season of the year is red cabbage. I shred it finely, brown and turn over and over in some fat in the bottom of my old iron pot. When completely turned and browned I lay on the cover and let it simmer for about 40 minutes or an hour. Then I add a lump of brown sugar, a little vinegar and a generous handful of carroway seeds. It makes me hungry only to write of this dish, and I can say sincerely that for a cold Winter day's dinner, no other vegetable goes so to the spot.

Then, of course, there are cinnamon and ginger and clove and mustard and all the other array of ordinary spices and numerous prepared colorings and flavorings. Be sure buy the best, trade-marked brands, in small quantities, and always to keep the container or can shut tightly so that the odor will not escape. Spices kept carelessly in little paper bags are not worth

Try the same sauce with a new flavor and a new spice. It will make a new dish. Try to rid foreign visitors of the idea that our national dish is tomato catsup, which at too many tables is spread over every piece of food

Sauces should be made in the kitchen and specially suited to each kind of food. There is no sense in throwing a little and pepper and salt on everything that comes to the table. properly seasoned in the kitchen while cooking will need no other condiment later on

The American housekeeper all too often fails in making sauces palatable and appetizing. An enlarged spice shelf, intelligently used, is the remedy.



# Deatness



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Tested Cooking I Teach Piano a Funny Way

## Recipes

By Mary Lee Swann, The Well-Known Writer and Lecturer on Cooking. Savory Chowder.

NOOK 1/4 pound noodles, 1/2 cup the usual cost. diced celery, ¼ cup finely chopped onion and, if convenient, a little finely chopped mushroom in 2 quarts of beet or veal stock. Add 1 pint of well cooked and well seasoned beans and salt and pepper to taste and serve hot with toasted to taste and serve hot with toasted crackers or thin cakes of golden corn bread. Garnish with parsley.

Baked Rarebit.

CUT 1 pound soft American cheese in thin slices. Sprinkle. 5-6 cup stale bread crumbs in buttered baking dish, sprinkle with 1-3 pound of the cheese and season with salt and paprika. Repeat until all the cheese is used, using in all about 21/2 cups stale bread crumbs. Beat 3 eggs slightly, add 1½ cups milk and pour over cheese and crumbs. Bake in a moderate oven about 1/2 hour.

Ragout of Chicken Livers.

BLANCH 6 or 8 large chicken livers in boiling salted water. Drain and put them in a saucepan with 1/2 cup bouillon and 1/2 glass white wine. Add a few sprigs of parsley, a few chives, a pinch of garlic and salt and pepper to taste. Cook for about 20 or 30 minutes. Remove livers from liquid, arrange them on serving dish, thicken liquid with a little flour blended with a piece of butter the size of a walnut and pour over the livers Serve very hot.

#### Pea or Bean Chowder.

COAK 1 cup of white peas or and rinse and bring to the boiling mush-like chowder. Season to pulp and 1 pint of cooked corn. A little finely chopped and sauted mushroom is a great improvement to this chowder. Just before serv ing add 2 tablespoons chicken or sausage fat and thicken with fine bread or cracker crumbs.

So people Told Me When I First Started in 1891. But now, after over twenty-five years of steady growth, I have far more students than were ever before taught by one man. I am able to make them successful players of the piano or organ in quarter the usual time at quarter



not only in the original key, but in all other keys as well.

I make use of every possible scientific help—many of which are entirely unknown to the average teacher. My patented invention, the COL.

vention, the COL-OROTONE, sweeps away playing dif-ficulties that have troubled students for generations. By its use Transposi-tion—usually a "nightmare" to stu-Sheans over night and then drain With my fifth lesson I introduce and and rinse and bring to the boiling other important and exclusive invention. "QUINN-DEX." Quinn-Dex is a simple, hand-operated moving picture rinse again and add 2 quarts of device, which enables you to see, right bolling water and cook gently until beans are tender. Rapid cooking ally see the fingers move. Instead of breaks the beans and makes a having to reproduce your teacher much like chowder Sesson to firger movements from MEMORYmush-like chowder. Season to taste with salt, pepper and paprika and add 1 cup of thick tomato during every minute of practice. The collection and 1 pint of cooked corn

Marcus Lucius Quinn Conservatory of Music 593 Columbia Road, Boston, 25, Mass.



DR. QUINK AT HIS PIANO from the famous sketch by Schneider, exhibited at the St. Louis Exposition.

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Alketch by Schneder, exabited at the gr. Louis Exposition.

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still think that learning plano is solely a problem of "finger gymnastics." When you do go to the keyboard you accomplish twice as much because you understand what you are doing. Within four lessons I enable you to play an interesting piece, Inot only in the

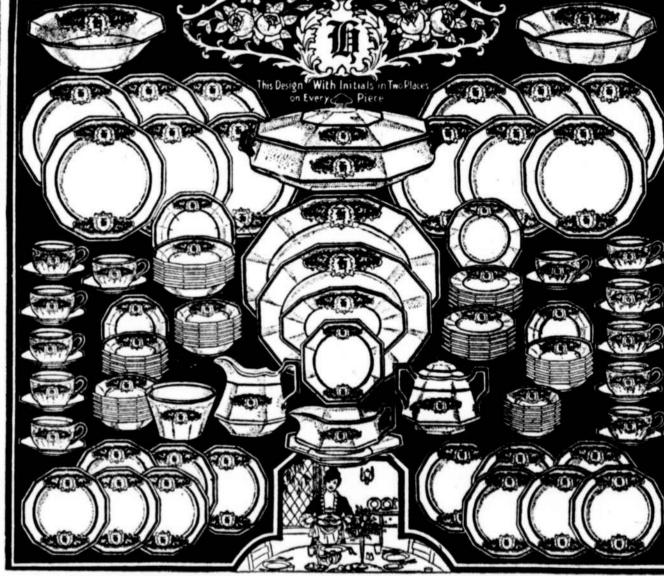


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